



# PRINCESS

Your daily guide to life at sea

**At Sea** Tuesday, June 7, 2016 • Island Princess • Tonight's dress: Smart Casual

**Weather:** Today's Forecast: Partly Cloudy – High: 16°C (60°F) Low: 13°C (56°F) – Sunrise 5:29am/Sunset 9:23pm  
Tomorrow's Forecast: Partly Cloudy – High: 18°C (65°F) Low: 12°C (54°F)

Access [island.princess.com](http://island.princess.com) • Free of charge on your laptop, iPad or any mobile device while onboard

## The Officer's Daily Log

### Meet Captain's Circle Host Tracey Miles



Tracey Miles was born and raised in a small town near the city of Geelong, alongside the iconic Great Ocean Road, in the state of Victoria, Australia.

Tracey started with Princess Cruises as a Junior Assistant Cruise Director in 2007 and is now a Captain's Circle Hostess. In her spare time she enjoys travelling with her partner and adventure pursuits including hiking and camping. Tracey's favorite destinations are Hawaii and Alaska for their undisturbed natural breath taking beauty and wild life.

### by Captain's Circle Host Tracey Miles

On behalf of the entire Island Princess® crew, I want to thank you for sailing with us. We appreciate the loyalty of our Princess Cruises Captain's Circle® members, and welcome all of our first-time cruisers to the Captain's Circle. You are now automatically eligible for member benefits and amenities on future cruises.

All of our members receive preferential pricing offers, our *Princess Cruises Captain's Circle Magazine* and more.

Ruby members, those that have completed 3 cruises or 30 cruise days<sup>1</sup>, receive an automatic upgrade to Princess Platinum Vacation Protection<sup>SM</sup> and a discount on the Reflections DVD.

Platinum members, those that have completed 5 cruises or 50 cruise days<sup>1</sup>, receive credit toward Internet packages<sup>2</sup>, preferred check-in and other benefits.

And once you have completed 15 cruises or 150 cruise days, we will be proud to recognize you as an Elite Member of the Captain's Circle, and you will be rewarded with the ultimate in benefits and privileged perks. <sup>1</sup>For details, just come by my desk on deck 6.

Already dreaming about your next cruise with Princess? Stop by the Future Cruise Sales desk, and say hi to Lisa. Make a reduced deposit toward a future cruise, even if you're unsure of where you want to travel next, and you'll receive a shipboard credit next time you sail with Princess.

Have a relaxing, wonderful last day at sea, and we hope to see you on board again soon! And please let us know if you have any suggestions or comments – we'd love to hear from you.

**Legal:** <sup>1</sup>Members are eligible for a higher tier level on the next cruise following completion of necessary cruises and/or cruise days. **Land portion of cruise/tour does not apply.** <sup>2</sup>For use in the Internet Cafe or through Wireless Internet; subject to availability.

### From the Navigator

During the morning, Island Princess will cruise through Queen Charlotte Sound, British Columbia. Look out for humpback whales and Dall's porpoise. Around noon, the ship will pass by Pine Island lighthouse (waypoint 4; page 57) and continue south through Johnstone Strait towards Seymour Narrows (waypoint 2; page 54). This is the narrowest point along our entire route.

### We Value Your Opinion

When you return home, please look for an email from Princess Cruises that will give you the opportunity to let us know how we performed. The online survey will only take a few minutes of your time. On behalf of everyone in the Princess family, we thank you in advance for your participation, and we look forward to welcoming you back soon.

### Lost Property

Double check your stateroom and stateroom safe as well as Lost and Found at the Guest Services Desk as Princess Cruises is not responsible for items left behind.

### Express Walk Off Program

Last chance to sign up for Express Walk Off! It's the fastest way to disembark, but you must be able to carry all of your own luggage. Sign up at the Guest Services Desk by 12Noon today.

### Most Traveled Guests



Mr. & Mrs. [Name] are the most traveled guests on the Island Princess. They have sailed with Princess and we are proud to have them as valued members of the Princess Captain's Circle.


### Romantic Quote of the Day

You, yourself, as much as anybody in the entire universe, deserve your love and affection.


A new day, a new horizon.




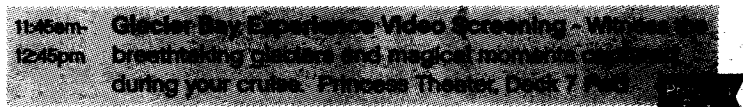
## Refreshing Morning


- 6:00am- **The Wake Show** – Join Mike & Micca, for a light hearted look at today's events. Channel 21, Stateroom Television
- 8:00am  **Zumba Fitness Class** – Bring a towel and wear proper footwear. Wheelhouse Bar, Deck 7 Fwd
- 8:30am **Bible Study (Unhosted)** – Join your fellow guests for bible studies. Bayou Cafe & Steakhouse, Deck 7 Aft
- 9:00am **Knitters and Natters (Unhosted)**  
Crooners Bar, Deck 7 Midship
- 9:00am **Line Dancing** – With the Cruise Director's Staff.  
Wheelhouse Bar, Deck 7 Fwd
- 9:00am **Effy 50% Blowout Clearance Sale** – Join the Effy Team for great savings on Diamonds, Emeralds, Sapphires and more. Effy Jewelry Store, Deck 6 Midship
- 9:00am- **Table Tennis, Shuffleboard, Mini Golf, Basketball**  
Onwards **Open Play.** Meet with your fellow Guests for a game.
- 9:45am **Arts & Crafts: Origami** – Join your Cruise Director's Staff for today's project. Wheelhouse Bar Deck 7 Fwd



- 10:00am **Table Tennis Tournament** – With the Cruise Director's Staff. Lotus Pool, Deck 15 Midship
- 10:00am **Service Club Get-Together** – Collect your make up cards. Crooners Bar Deck 7 Midship
- 10:00am **Spa Seminar: Last Chance to go Home Looking 10 Years Younger** with Dr. Janice Cruz. Bayou Cafe & Steakhouse, Deck 7 Aft
- 10:00am  **Movie: Zootopia**  
Ginnifer Goodwin & Jason Bateman  
(PG - 1hr. 50mins.) Lido, Deck 14
- 10:00am- **Onboard Outlet Sale** – Save up to 50% U.S. suggested retail prices. Bordeaux Dining Room, Deck 5 Midship
- 10:15am **Mike and Micca's Mega Morning Trivia**  
Explorers Lounge, Deck 6 Aft
- 10:30am **Welcome to Princess Reception** - Join Tracey, your Captain's Circle Hostess to learn about our Loyalty Program. Wheelhouse Bar, Deck 7 Fwd
- 10:30am **Chinese Herbs For Health and Weight loss**  
Bayou Cafe & Steakhouse, Deck 7 Aft

- 11:00am **On Deck For The Cure™ (The Walk)** – Participate in "On Deck for the Cure", a 5K non-competitive walk around the ship's deck to support the Susan G. Komen for the Cure Foundation. Last minute registrations are welcome! \$15 donation. Wheelhouse Bar, Deck 7 Fwd
- 11:00am **Texas Hold'Em Players Meet** for \$1/\$2 No-Limit cash game. Limited seats available. Casino, Deck 6 Midship
- 11:00am  **Naturalist Lecture: Bears Everywhere – or Not?** With Naturalist Mark Harris.  
Princess Theater, Deck 7 Fwd
- 11:00am **Complimentary All in 1 Power packed Health Seminar**  
Aerobics/Fitness Center, Deck 6 Aft
- 11:00am- **Encore Movie: Star Wars - The Force Awakens**  
9:00pm Starring: Harrison Ford, Mark Hamill & Carrie Fisher (PG-13 - 2hrs. 18mins.) Channel 40, Stateroom Television
- 11:00am- **Disembarkation Talk with Mike and Micca**  
Onwards Channel 21, Stateroom Television
- 11:15am **Golf Chipping Challenge** – Test your short game with the Cruise Director's Staff. Lotus Pool, Deck 14
- 11:30am **Speedy Sudoku Challenge**  
Crooners Bar, Deck 7 Midship
- 11:30am *In the Atrium* **Champagne Hoopla** – Join the Cruise Staff and try for a bottle of bubbly.  
Deck 5 Midship
- 11:45am **Snowball Jackpot Bingo** Up to \$1,300 could go in 54 numbers or less, plus 3 other cash prizes. Bingo Cards available from 9:30am at the Casino Cash Desk and Explorers Lounge, Deck 6 Aft



- ## Relaxing Afternoon
- 1:00pm **Ballroom Dance Class - Merengue**  
Wheelhouse Bar, Deck 7 Fwd
  - 1:00pm **Mini Golf Competition** – With your Cruise Director's Staff. Princess Links Deck 15 Midship
  - 1:00pm  **Movie: Ant Man**  
Starring: Paul Rudd, Michael Douglas  
(PG-13 - 1hr. 58mins.) Lido, Deck 14
  - 1:00pm **Grand Finale Art Auction** – The gavel is about to fall! Join your Art Director for your last opportunity to purchase the work you have been eyeing.  
Explorers Lounge, Deck 6 Aft



### The Lotus Spa

#### Last Day Special

Includes a 25-minute Massage & 25-minute Booster Facial with your choice of complimentary Hot Stones or Eye & Neck Collagen Treatment. All for only \$109

Lotus Spa, Deck 14 Aft • Ext. #14626

PRINCESS CRUISES PRESENTS

### The International Crew Talent Show

The Crew of the Island Princess are the stars of the show!

Hosted by:  
Cruise Director Mike and Deputy Micca

9:30pm • Princess Theater, Deck 7 Fwd

## Future Cruise Sales

No need to fill out any paperwork to purchase a Future Cruise Deposit.

Visit the Future Cruise Sales section on Princess@Sea to take advantage of low deposits and onboard credits on your next cruise.

come back new

- 1:00pm **Cruise Long Scavenger Hunt & Finding Big Foot - The Return.** Crooners Bar, Deck 7 Midship
- 1:00pm *In the Atrium* **60 Second Frenzy**  
With your Cruise Director's Staff  
Deck 5 Midship
- 1:30pm **Refresh and Restore Your Look with Restylane**  
Bayou Cafe & Steakhouse, Deck 7 Aft
- 2:00pm **Veterans and Military Get-Together**  
Inviting all branches of service from all nations!  
Wheelhouse Bar, Deck 7 Fwd
- 2:00pm *In the Atrium* **Afternoon Melodies with the Charade Quartet.** Deck 5 Midship
- 2:00pm **Lifestyle Seminar: Walking in Comfort and Improving Posture Free Footprint for all attendees.** Aerobics/Fitness Center, Deck 6 Aft
- 2:15pm **Book Club Review and Discussion**  
Hearts & Minds, Deck 7 Midship
- 2:30pm-  
4:30pm **Bridge Players Get-Together (Unhosted)**  
Bayou Cafe & Steakhouse, Deck 7 Aft
- 3:00pm-  
4:00pm **Happy Hour: "The End is Near", Buy any drink under \$10.00 get the second one for \$1.00 - Fun for all with drinks, snacks, entertainment and a raffle for a chance to win a surprise gift!** Wheelhouse Bar, Deck 7 Fwd
- 3:15pm **Egg Drop Challenge: The Drop!**  
How many will survive? Deck 5 Midship
- 3:15pm **Princess Pop Choir Get-Together**  
Hearts & Minds, Deck 7 Midship
- 3:15pm **NORTH ALASKA Wildlife Spotting and Commentary**  
Lido, Deck 14 Midship
- 3:30pm **Arts & Crafts Class: Golden Bracelets**  
Limited to the 1st 20 people. Sabatini's, Deck 7 Midship
- 4:00pm **Snowball Jackpot Bingo Over \$1,400 must go!** (If not already won in the morning), plus 3 other cash prizes. Second chance Scratch Cards will be drawn. Bingo cards are available from 12:30pm at the Casino Cash Desk and Explorers Lounge, Deck 6 Aft?
- 4:15pm **Friends of Dr. Bob and Bill W. Meeting**  
Hearts & Minds, Deck 7 Midship
- 4:30pm **Afternoon Trivia - With the Cruise Director's Staff.**  
Wheelhouse Bar, Deck 7 Fwd
- 5:00pm &  
7:00pm *In the Atrium* **Pre-dinner Melodies with the Charade Quartet.** Deck 5 Midship

- 5:30pm-  
6:30pm **Happy Hour: Buy any drink under \$10.00 get the second one for \$1.00 - Fun for all with drinks, snacks and entertainment.** Explorers Lounge, Deck 6 Aft, Casino Bar, Deck 6 and Wheelhouse Bar, Deck 7 Fwd

## Enchanting Evening

- 6:00pm **LGBT Get-Together (Unhosted)**  
Wheelhouse Bar, Deck 7 Fwd
- 6:45pm (Approx.) **NORTH ALASKA Seymour Narrows Commentary with Naturalist Mark Harris.** Lido, Deck 14
- 7:00pm &  
8:45pm **Music and Dancing with Phoenix Rising**  
Wheelhouse Bar, Deck 7 Fwd
- 7:15pm &  
8:45pm **Music and Dancing with Project 5**  
Explorers Lounge, Deck 6 Aft
- 7:30pm **Buyers Raffle! - Calling all Effy family members, bring your raffle tickets to the Effy store for your chance to win Effy prizes.** Effy Jewelry Boutique, Deck 6 Midship
- 8:00pm **SHOWTIME: Spotlight Showtime**  
Ventriloquist: **Michael Minor**  
Princess Theater, Deck 7 Fwd
- 8:00pm **Guitar & Vocal Entertainer Louise McMahon**  
Bayou Cafe & Steakhouse, Deck 7 Aft
- 8:00pm &  
9:45pm **DJ Gonzalo Riff Plays your Favorite Dance Music**  
Explorers Lounge, Deck 6 Aft
- 8:30pm **Singles and Solos Get Together (Unhosted)**  
Crooners Bar, Deck 7 Midship
- 8:45pm **Instrumental Piano Music with Robert Deans**  
Crooners Bar, Deck 7 Midship
- 9:30pm **SHOWTIME: The International Crew Talent Show**  
The Crew of the Island Princess are the stars of the show. Princess Theater, Deck 7 Fwd
- 10:00pm **Movie: Bridge of Spies**  
Encore Presentation  
Tom Hanks, Mark Rylance & Amy Ryan  
(PG-13 • 2hrs. 22mins.) Lido, Deck 14
- 10:15pm *In the Atrium* **Island Princess Balloon Drop Party**  
Come along and join your Cruise Director Mike and the Cruise Staff. With great music by The Island Princess Super Band. Decks 5, 6 & 7 Midship
- 10:30pm-  
11:30pm **Happy Hour: Buy any drink under \$10.00 get the second one for \$1.00 - Fun for all with drinks, snacks and entertainment.** Explorers Lounge, Deck 6 Aft and Casino Bar, Deck 6 Midship

**Grapevine Wine Tasting**

Sample selected wines from our renowned cellar in a casual atmosphere for only \$9.50  
(Doors open at 2:45pm)

3:00pm • Bordeaux Dining Room, Deck 5

**Spotlight Showtime**  
Ventriloquist:  
**Michael Minor**  
Back with a brand new show!  
Accompanied by the Island Princess Orchestra  
Hosted by your Cruise Director Mike  
8:00pm • Princess Theater, Deck 7 Fwd

**Reflections Souvenir DVD**

Order Your Copy Today! Exclusive videos produced onboard this cruise with segments from the amazing ports-of-call! Check out Channel 41 for daily highlights!

Photo & Video Gallery • Deck 6 Midship

# LOCATIONS, HOURS & MORE



## Art Gallery – Deck 7 Midship

5:00pm-9:00pm

## Boutiques – Deck 6 Midship

9:00am-9:00pm

## Effy Jewelry Store – Deck 6 Midship

9:00am-9:00pm

## Casino – Deck 6 Midship

Casino Cash Desk opens at 9:00am, tables opens at 10:00am

## Captain's Circle Membership Desk – Atrium Plaza Deck 5

8:30am-10:15am, 11:00am-Noon & 2:00pm-3:00pm

## Future Cruise Sales – Atrium Lobby, Deck 8 Midship

8:00am-Noon & 2:00pm-6:00pm

## Internet Café – Deck 8, Midship

Manager hours: 9:00am-Noon, 2:00pm-5:00pm & 7:30pm-9:30pm

## Library – Deck 8 Midship

Open 24hrs (The Library is unmanned, please return books after use.)

## Lotus Health & Fitness – Fiesta Deck 6 Aft

5:00am-12:00am

## Lotus Spa & Beauty Salon – Lido Deck 14 Aft

8:00am-10:00pm (Tel. 14626)

## Medical Center – Deck 4 Midship

9:00am-11:00am & 4:30pm-6:30pm

For urgent medical attention, dial 911

## Photography & Video Gallery – Deck 6 Aft

9:00am-11:00pm

## Princess Shopping Host Desk – Deck 6 Midship (outside Facets)

11:00am-Noon (Effy Store) & 3:00pm-4:00pm (Shopping Host Desk)

## Sanctuary – Deck 15 Aft

8:00am-5:30pm

## Swimming Pools – Deck 14 Midship

Lotus Pool: 6:00am-10:00pm

Lido Pool: 6:00am-Midnight

## Youth & Teen Centers – Decks 12 & 14 Aft

Youth Activities: 9:00am-Noon, 1:00pm-5:00pm & 6:00pm-10:00pm

Teen Activities: 9:00am-Noon, 1:00pm-5:00pm & 6:00pm-Late

Late Night Kid-Sitting: 10:00pm-1:00am (Pre-booking is required)

## Dining Guide

For dining reservations dial 3463 between 8:00am & 5:00pm

	Location	Hours
<b>Bordeaux Dining Room (Anytime)</b>	Deck 5 Midship	5:15pm-9:30pm (Anytime Dinner)
<b>Provence Dining Room (Traditional)</b>	Deck 6 Midship	7:00am-9:00am (Breakfast); Noon-1:30pm (Lunch); 3:30pm-4:30pm (Tea); Early Seating 5:15pm; Late Seating 7:45pm
<b>Alibi's Pub (At Sea)</b>	Deck 7 Midship	11:30am-2:30pm
<b>Sabatini's*</b>	Deck 7 Midship	5:00pm-10:00pm
<b>Bar</b>	Deck 7 Aft	5:00pm-10:00pm
<b>Pizzeria</b>	Deck 14 Midship	11:00am-11:00pm
<b>Swirl Ice Cream Bar</b>	Deck 14 Midship	10:00am-10:00pm
<b>The Grill</b>	Deck 15 Midship	11:00am-10:00pm
<b>Horizon Buffet</b>	Deck 14 Forward	5:30am-11:30am (Breakfast); 11:30am-3:30pm (Lunch); 3:30pm-6:30pm (Light Snack); 6:30pm-12:00am (Dinner)

## Bars, Clubs & Lounges – Signature Cocktail: Gold Rush Margarita (24K) – \$8.95

	Location	Hours
<b>La Palapa</b>	Deck 5 Midship	6:00am till 11:00pm
<b>Explorers Lounge</b>	Deck 6 Aft	11:00am onwards
<b>Chester's</b>	Deck 7 Midship	10:00am onwards
<b>Wheelhouse Bar</b>	Deck 7 Forward	4:00pm onwards
<b>Bayou Cafe</b>	Deck 7 Aft	5:00pm onwards
<b>Horizon Bar</b>	Deck 14 Forward	6:00am till Midnight

\*Additional charges apply. Actual meal times are subject to change. Once onboard and subject to availability, you may switch from Traditional Dining to Anytime Dining with 24 hours notice to the Maitre D'. The legal drinking age of 21 years is observed onboard and photo ID may be required. A 15% service charge is automatically added to all bar and wine bills.

## Last Day Internet Access

**15 mins for \$8.99**

Time plan can be used until you disembark the ship. Check-in for your flight online!

Atrium • Deck 8 Midship

## \$\$\$ Casino Reminder

All Slot and Texas Hold'Em players must cash out their funds before the Casino closes today.

Princess Casino • Deck 6 Midship

## Princess Cruises Captain's Circle

Thank you once again for sailing with Princess.

Platinum and Elite Members, please join us at the Platinum Disembarkation Lounge tomorrow morning.

7:30am • Explorers Lounge, Deck 6 Aft

## Shore Excursions: Tour office hours: 9:00am-Noon & 3:00pm-6:00pm – Deck 8 Midship

Limited space on Vancouver tours is still available until Noon:

YVR-100 Stanley Park Visit & City Highlights Drive with Airport Transfer  
WH1-420/421 Capilano Canyon Walk & City Highlights with Airport/Hotel transfer (please see Tour Office for list of participating hotels).

All account enquiries should be finalized by 6:00pm today as the tour office will not be open the morning of Disembarkation in Vancouver.

We would like to take this opportunity to thank you for participating in our Adventures Ashore and wish you a safe and pleasant onward journey.

Tour & Guide C.R.U.I.S.E. Service Recognition – Please pick up a form to complete from the Tour Desk & drop it in our 24 hour drop box, to recognize your tour guide that provided superior service and made your tour special and memorable. Your involvement in this program is very important to us. Many Thanks.

Enjoy a relaxing day at sea.